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INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE

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PRODUCTION AND MARKETING ADMINISTRATION

Industrial Feeding Section - 150 Broadway, New York 7, N. Y.

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To House Organ Editors

These articles may be included in your plant publication. Select those which will interest your readers.

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OUR GUIDE FOR WEALTHFUL EATING

To protect our health we must eat the right foods daily. To guide us in the selection of these right foods from each of the Basic 7 groups should be selected every day. We've mentioned them many times before, but they are worth repeating:

- Group I - Green and yellow vegetables
- Group II - Oranges, tomatoes, grapefruit
- Group III - Potatoes, other vegetables and fruit
- Group IV - Milk and milk products
- Group V - Meat, poultry, fish or eggs
- Group VI - Bread, flour, cereals
- Group VII - Butter and fortified margarine

You will notice that three of the seven basic food groups include fruits and vegetables, and milk is in a group by itself. Too many of us are short on fruits and vegetables and milk in our diets.

FOODS OF THE MONTH

During October, cabbage, potatoes, and sweetpotatoes are plentiful throughout the Nation, and since they occupy a very important place among the Basic Seven foods eat them when they appear on the menu in your plant cafeteria, and have them often when you eat at home.

Cabbage Clues

If there's anything more delicious than properly cooked, garden-fresh cabbage served piping hot, it's cold, crisp, vitamin-rich cabbage shredded in salads or slaw. Cabbage is rich in Vitamin C, so necessary to maintain healthy body tissues and to regulate muscle tone. Vitamin C is likely to

Cabbage Clues (Cont.)

be lacking in the industrial worker's diet, so choose cabbage often at the plant cafeteria. There is some vitamin A in the green outer leaves of cabbage, and calcium, phosphorus, iron, some of the B vitamins are also contained in this vegetable.

Speaking of cabbage, now is the time to make sauerkraut. It is best when made with the tender, garden-fresh, vitamin-rich cabbage now on the market. For those who are responsible for the preparation of food at home, here is a hint on the best way to cook cabbage to retain its nutritive value and also to minimize that strong cabbage flavor that most people find objectionable: cook it quickly, just until tender, in little water, and serve promptly.

Potatoes are Plentiful

Potatoes are an ideal mate for cabbage, so we are fortunate that they are in plentiful supply at the same time as cabbage. The 1945 bumper crop of potatoes -- both Irish and sweet -- is now rolling to market. There is not as much Vitamin C in a serving of either Irish or sweetpotatoes as there is in an orange, but they can, when eaten in generous amounts, provide as much as a third of the daily requirement of vitamin C. Both kinds of potatoes are a fair source of iron which is needed to build red blood cells. Moreover, sweet-potatoes provide a very rich source of vitamin A, needed to maintain normal vision at night, for normal growth, and normal resistance to infection of the respiratory tract. Potatoes are a cheap source of energy.

If you have a cool, well-ventilated storage space at home, you might want to buy a 100-pound sack of potatoes. Just remember that potatoes should not be allowed to freeze nor to be exposed to high temperature.

For the family cook: remember that potatoes are more nutritious when cooked in their jackets. Skins seal in the nutrients. What's more, that part right next to the skin is richer in minerals and vitamins, so peeling should be avoided whenever possible, or kept paper thin. Be sure to wash potatoes well before cooking them in their jackets because some in the family will like to eat skin and all.

Coming---More Poultry

It's good news that poultry is more plentiful for civilians. Chicken pies and other favorite chicken dishes will soon be appearing on the plant cafeteria menus. Thanks to the Quartermaster Corps, chicken for Sunday dinner at home will be available, too. Stuff it and roast it brown, or fricassée it and serve it with noodles or rice. For good recipes and for the best methods of preparing and carving poultry, write to the Office of Information, U.S. Department of Agriculture, Washington 25, D.C., for Poultry Cooking, Farmers' Bulletin N. 1888.

HEALTH HINTS

Drink Milk--and more milk

It is little wonder that whole milk is known as our most nearly perfect food. It is a relatively economical source of high quality protein and is rich in two essential nutrients - calcium and riboflavin (vitamin B₂) Vitamin A, thiamin (vitamin B₁), phosphorus, sugar and fat are contained in milk. Buttermilk and skim milk are similar to whole milk in nutritive value, except that they do not contain much Vitamin A and are lower in calories.

Industrial workers should drink at least one pint of milk a day. Vitamin B₂ (riboflavin) not only affects the growth of young persons, but it is necessary to the health and well-being at all ages. Milk in all forms--sweet milk, buttermilk, cheese,--is one of the most valuable sources of this vitamin. A very important precaution is necessary, however, to retain this vitamin in milk: keep the milk out of light until it can be stored in the refrigerator. Light destroys riboflavin in milk. So, if you have bottles delivered at home, and cannot take the bottles indoor promptly, provide a closed box for your milkman to set the bottles in, until they can be stored in the refrigerator.

Snack Suggestions

Do you get that let-down feeling before your shift is over? Do you feel tired and irritable before the day ends? If so, try drinking milk during your rest period.

Studies show that between-meal snacks noticeably lessen irritability and fatigue, and increase cheerfulness. A between-meal glass of milk is an important contribution to the daily diet of the industrial worker. It is just that much more food for health. Good foods to accompany milk are whole-wheat or graham crackers, peanut butter and oatmeal cookies, and sandwiches.

Fresh fruits and citrus fruit juices and tomato juice are also nutritious between-meal snacks.

The industrial worker who sets a high value on good health will make sure that his between-meal snack adds needed nourishment to his daily diet.

IN-PLANT FEEDING HERE AND THERE

The Union Pacific Railroad provides a "rolling restaurant" for the construction crews who maintain the railroad's track and roadbed. A car fitted with a dining room, kitchen, and storage space for food provides crews which are constantly on the move. Wholesome food is provided at regular mealtime intervals, even though the crews may be working many miles from a city or town. There are a thousand of these cars in operation today.

